Claims

1. A connecting mechanism for pivotally connecting a shoe to a sporting device, the connecting mechanism comprising:

a support element capable of supporting a foot of a user in the shoe, the support element including a first end and a second end spaced apart from the first end, the first end being liftably disposable on the sporting device,

a connecting element being at least partially mountable on the sporting device,

first and second pivots capable of being successively active when the support element is pivoted progressively from a substantially horizontal position in an upward direction about the first pivot, and

a coupling element for coupling the connecting element to the support element, the coupling element having a first end and a second end, the coupling element being connected at the first end via the first pivot to the second end of the support element, the coupling element being connected at the second end via the second pivot to the connecting element.

2. The connecting mechanism of claim 1, further comprising:

means for setting an axis of the second pivot at an oblique angle in relation to a longitudinal direction of the sporting device and for causing the support element to rotate in a direction perpendicular to the longitudinal direction of the sporting device in the course of being lifted off of the sporting device.

3. The connecting mechanism of claim 1, wherein the first pivot is configured to be disposed substantially adjacent a

ball of a foot when disposed in the shoe and configured to be active in a first stage of a bending movement of the foot.

- 4. The connecting mechanism of claim 3, wherein the second pivot is configured to be disposed substantially adjacent a front of a foot when disposed in the shoe and configured to be active in a second and last stage of a bending movement of the foot.
- 5. The connecting mechanism of claim 1, wherein the first pivot is the only connection between the support element and the other elements of the connecting mechanism.
- 6. The connecting mechanism of claim 1, further comprising:

an adjustable stop for limiting the rotation of the support element around the first pivot and causing the first and second pivots to be active in succession.

- 7. The connecting mechanism of claim 6, wherein the adjustable stop is coupled to one of the support element and the coupling element.
- 8. The connecting mechanism of claim 6, wherein the adjustable stop includes a cam attached to the coupling element.
- 9. The connecting mechanism of claim 6, wherein the adjustable stop includes a tubular rod disposed in a hole in the support element.
- 10. The connecting mechanism of claim 9, wherein the adjustable stop includes a set screw removeably and replaceably attachable to the tubular rod.

- 11. The connecting mechanism of claim 9, wherein the adjustable stop includes a set screw integral with the tubular rod.
- 12. The connecting mechanism of claim 2, wherein the coupling element includes two parts having matably curved contact surfaces, the connecting element includes two parts having matably curved contact surfaces, and the coupling parts and the connecting parts can be adjustably positioned for setting an axis of the second pivot in a predetermined position at an oblique angle in relation to a longitudinal direction of the sporting device.
- 13. The connecting mechanism of claim 12, further comprising:

means for fixing the coupling parts and connecting parts in the predetermined position.

- 14. The connecting mechanism of claim 13, wherein the means for fixing include screws.
- 15. The connecting mechanism of claim 1, wherein the sporting device includes one of an ice skate and a roller blade.
- 16. The connecting mechanism of claim 1, wherein a front direction is defined as the direction from the first end of the support element to the second end of the support element, and wherein the second pivot is disposed in front of the first pivot.
- 17. A connecting mechanism for pivotally connecting a shoe to a sporting device, the connecting mechanism comprising:
- a support element capable of supporting a foot of a user in the shoe, the support element including a first end and a second end spaced apart from the first end, the first end of

the support element being liftably disposable on the sporting device,

a connecting element being at least partially mountable on the sporting device,

first and second pivots,

a coupling element for coupling the connecting element to the support element, the coupling element having a first end and a second end, the coupling element being connected at the first end via the first pivot to the second end of the support element, the coupling element being connected at the second end via the second pivot to the connecting element, and

an adjustable stop for limiting the rotation of the support element around the first pivot and causing the first and second pivots to be active in succession.

- 18. The connecting mechanism of claim 17, wherein the adjustable stop includes one of:
 - a cam attachable to the coupling element, and
 - a tubular rod disposed in a hole in the support element.
- 19. An assembly comprising:
 - a shoe,
 - a sporting device, and
- a connecting mechanism for connecting the shoe to the sporting device, wherein the connecting mechanism comprises:
- a support element capable of supporting a foot of a user in the shoe, the support element including a first end and a

second end spaced apart from the first end, the first end being liftably disposable on the sporting device,

a connecting element being at least partially mountable on the sporting device,

first and second pivots capable of being successively active when the support element is pivoted progressively from a substantially horizontal position in an upward direction about the first pivot, and

a coupling element for coupling the connecting element to the support element, the coupling element having a first end and a second end, the coupling element being connected at the first end via the first pivot to the second end of the support element, the coupling element being connected at the second end via the second pivot to the connecting element.

20. The assembly of claim 19, wherein the sporting device includes one of an ice skate and a roller blade.